

Contents

General Introduction	1
1 Orientation of the Individual	3
1.1 Orientation Within the Body	3
1.2 Orientation in Space	6
1.3 Orientation Outwards from the Body	12
1.4 Orientation of the Individual and 'Patient Language'	14
1.5 Summary	15
2 Orientation of the Physiotherapist	16
2.1 Homunculus: The Man in a Cube	17
2.2 Planes – Lines – Points	17
2.2.1 Transverse Planes	17
2.2.2 Frontal Planes	19
2.2.3 Sagittal Planes	21
2.2.4 Body Diagonals and the Body's Functional Centrepoint	24
2.2.5 Vertex and Long Axis of the Body	26
2.2.6 Diameter of the Thorax	28
2.2.7 Summary	30
2.3 Proximal – Distal	34
2.4 Joints as Pivots, Switch Points and Levels of Movement	35
2.4.1 Degrees of Freedom and Components of Movement	37
2.4.2 Distance Points	39
2.4.3 Influence of Position on Interdependency of Movements at the Joints	48
2.4.4 Movement About Frontotransverse Axes	48
2.4.5 Movement About Sagittotransverse Axes	50
2.4.6 Movement About Frontosagittal Axes	51
2.5 Capsules and Ligaments of Joints as End-Stops of Movement	54
2.6 Muscles as Effectors of Posture and Movement	55
2.6.1 Isometric and Isotonic Muscle Activity	57
2.6.2 Motive and Compressive Components of Muscle Activity on Joints	63

2.6.3	Muscles as Agonists, Antagonists and Synergists	66
2.6.4	Passive and Active Muscle Insufficiency	68
3	Fundamental Observation Criteria	74
3.1	Functional Body Segments	74
3.2	Activity States	80
3.2.1	Economical Activity	81
3.2.2	Parking Function	83
3.2.3	Dynamic Stabilization	86
3.2.4	Potential Mobility	87
3.2.5	Support Area	89
3.2.6	Supporting Function	91
3.2.7	Pressure Activity	94
3.2.8	Supported Leaning	97
3.2.9	Free Play	99
3.2.10	Hanging Activity	101
3.2.11	Bridging Activity	104
3.2.12	Pushing-Off Activity	107
3.2.13	Practical Use of Activity Sates in Functional Analysis of Starting Positions and Movement Sequences	108
3.3	Analysis of Movement by Differentiating Between Equilibrium Reactions	109
3.3.1	Continuing Movement	110
3.3.2	Buttressing Continuing Movement and Changing the Support Area	117
3.3.3	Avoidance Mechanisms and Their Influence on the Patient's Contact with the Environment	132
3.3.4	Summary	139
3.4	Observer's Planes	140
3.4.1	Observer's Horizontal Plane	141
3.4.2	Observer's Parallel Plane	142
3.4.3	Observer's Bisecting Plane	143
4	Instruction	144
4.1	Functional Analysis in Therapist Language	147
4.1.1	Conception of the Exercise	147
4.1.2	Position and Activation in the Starting Position	148
4.1.3	<i>Actio - Reactio</i> of the Movement Sequence	150
4.1.4	<i>Conditio - Limitatio</i> of the Movement Sequence	151
4.2	Formula for Instructions in Patient Language	153
4.2.1	Instructions Appealing to the Patient's Perceptions	153
4.2.2	Verbal-Perceptual Instruction	154
4.2.3	Manipulative-Perceptual Instruction	154
4.3	Adapting an Exercise to the Patient's Constitution and Condition	155
4.3.1	Role of Lengths, Widths, Depths and Distribution of Weights in Adapting an Exercise	156

4.3.2	Common Causes of Error in Adapting an Exercise to the Patient's Condition	156
5	Functional Measuring	157
5.1	Points, Lines and Axes of BS Thorax	158
5.1.1	Movements of the Thoracic Spine in the Plane of Symmetry	161
5.1.2	Movements of the Thoracic Spine in the Frontal Plane	161
5.1.3	Movements of the Thoracic Spine in the Transverse Plane	162
5.1.4	Movements of the Thorax in Transverse Planes	163
5.1.5	Movements of the Ribs in Inspiration and Expiration	164
5.2	Points, Lines and Axes of BS Head	165
5.2.1	Movements of the Cervical Spine in the Plane of Symmetry	167
5.2.2	Movements of the Cervical Spine in the Frontal Plane	169
5.2.3	Movements of the Cervical Spine and the Atlanto-occipital and Atlanto-axial Joints in Transverse Planes	169
5.2.4	Movements of the Head in Transverse Planes	170
5.2.5	Movements at the Temporomandibular Joints	173
5.3	Points, Lines and Axes of BS Pelvis and BS Legs	175
5.3.1	Movements of the Lumbar Spine in the Plane of Symmetry	178
5.3.2	Movements of the Lumbar Spine in the Frontal Plane	179
5.3.3	Movements at the Hip Joints About the Frontotransverse Axis	179
5.3.4	Movements at the Hip Joints About the Sagittotransverse Axis	181
5.3.5	Movements at the Hip Joints About Frontosagittal Axes	183
5.3.6	Movements at the Knee Joints	187
5.3.7	Movements at the Talocrural Joints	189
5.3.8	Movements at the Subtalar Joints	190
5.3.9	Movements at the Chopart and Lisfranc Joints	192
5.3.10	Movements at the Toe Joints	193
5.4	Points, Lines and Axes of BS Arms	193
5.4.1	Movements of the Clavicle at the Sternoclavicular and Acromioclavicular Joints (Proximal Shoulder Joints)	197
5.4.2	Movements at the Humeroscapular Joints (Distal Shoulder Joints)	201
5.4.3	Movements at the Elbow Joints and of the Forearm	206
5.4.4	Movements at the Wrist Joints	208
5.4.5	Movements at the Phalangeal Joints	210
6	Functional Status	213
6.1	Condition	213
6.2	Constitution	215

6.3	Mobility	224
6.4	Postural Statics	244
6.5	Basic Gait Test	265
6.6	Motor Behaviour in Bending Down	279
6.7	Respiration	285
6.8	Formulating the Functional Problem	286
6.9	Guidelines to Planning Therapy	287
6.10	Examples	288
7	Treatment Techniques	301
7.1	Mobilizing Massage	301
7.2	Buttressing Mobilization	311
7.3	Lift-Free/Reduced-Lift Mobilization of the Vertebral Column	322
8	The Concept of Movement Training	324
9	Glossary	325
10	Bibliography	332
11	Subject Index	333